

# Stewart/Hunter Lifestyle

## Families step toward deployed troops



Sgt. Tanya Polk  
Editor

Three miles down, 12,997 miles to go.

Taking steps toward deployed Soldiers in Iraq and Afghanistan, Family members, Soldiers and civilians partnered up to help kick off Fort Stewart's Walk to Iraq and Back, May 5.

Beginning at Newman Fitness Center, supporters walked, ran, and biked three miles together to show support to deployed troops, help build camaraderie throughout the Soldiers' deployment, and help decrease stress.

"We're in support of the Soldiers in Iraq and Afghanistan, and we're going to come out periodically and do this as a big team together," said Amy Lambert, Family Readiness Group advisor.

"The Soldiers are going to be helped out knowing that their Families are being entertained," Lambert continued. "If the Soldiers are less concerned about their Families, then they can be more concentrated on the mission at hand."

The Walk to Iraq and Back on Stewart originated when a Family member emailed the 3rd Infantry Division command with the idea.

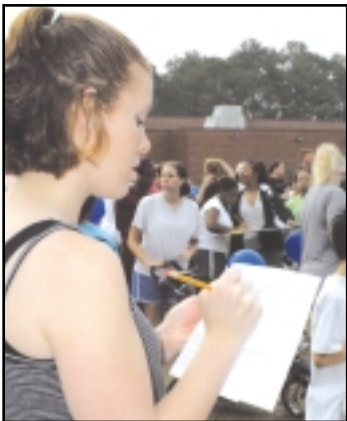
Not only was Saturday Stewart's kick off, but its popularity stemmed nation-wide as over 60 teams in Kansas, Michigan, upstate New York,

New Jersey and Florida supported the event.

The goal is to reach 13,000 miles, the distance from Fort Stewart to Iraq, and back.

"People can walk on their own, and they can submit their miles monthly- that's why we had the teams formed," said Lambert.

Several pre-formed teams came out to support the walk.



**Lisa Redford, spouse to Capt. Craig Redford with 3/69 Armor, 1st BCT, registers for the walk.**

"It sounded like a good cause," said Amber Hammond, spouse to Sgt. Joshua Hammond of the 632nd Maintenance Company, 4th Brigade Combat Team.

"I got a group of four together to do this. Hopefully we'll get more."

According to Lt. Col. Paul B. Gale, 3rd Inf. Div.'s rear detachment commander, over 700 sup-

porters attended the kick off.

Morale, Welfare and Recreation gave out free water bottles to each Family and offered raffle tickets to a post-walk block party at Stewart's Post Exchange.

Although the giveaways were appreciated, Families had a bigger reason for attending.

"We came to support the Soldiers," said LaTonya McLaughlin, spouse to Staff Sgt. Michael McLaughlin and a Mt. Zion Walking Ministry representative, "We're going to support them until they all come home."

Miles can be accumulated by walking, running, biking or swimming.

Teams can turn in their miles monthly to the Family Readiness Center, the PX, or the commissary. They can also be emailed to [www.walktoiraqandback.com](http://www.walktoiraqandback.com).

Teams can also view their progress to Iraq and back monthly on world maps posted around the installation.

Hunter Army Airfield kicks off its walk on May 19.

The next Stewart walk is slated for July 4.

Other upcoming installation events include an October costume walk, morning after New Year's walk, and a final-miles walk.

You can register today online at [www.stewart.army.mil](http://www.stewart.army.mil) or pick up a registration form at the Family Readiness Center.

## Stewart students D.A.R.E. to be different

Sgt. Tanya Polk  
Editor

Fifth grade students from Brittin, Diamond, and Fort Stewart elementary schools pledged to stay drug free and graduated the D.A.R.E. program at Woodruff Theatre, May 4.

The Drug Abuse Resistance Education program originated in Los Angeles, Calif. in 1983. Fort Stewart implemented the program into its schools in 1986. The D.A.R.E. program has since grown internationally in 54 countries outside the United States.

D.A.R.E., a 12-week program, teaches students the harmful affects of alcohol, tobacco, marijuana, inhalants, peer pressure and bullying.

"It (D.A.R.E.) teaches students to not use drugs that a lot of advertisements use against them," said Diamond Elementary School student and D.A.R.E. graduate, Sydney Smith.

Smith was among 150 graduates of Stewart's D.A.R.E. program. According to Congressman Jack Kingston, those 150 students are among 26 million others who will graduate the program this year.

Kingston was the guest speaker at the graduation.

"It's not just making up your mind today to say that you are not going to do drugs," Kingston said to the graduates during his speech. "But, its everyday."

"Two thirds of the people who are in jail are in jail because of drug charges," he continued. "In America, 40 percent of the homicides, the murders, are because of drugs. More than 50 percent of the robberies are drug related."

The students have committed themselves to not be a part of these statistics and to keep drugs out of their minds, bodies, and souls everyday.

"You see, there are 400,000 people who die each year from drugs," Smith explained. "If you don't do drugs, then not a lot of people will die."

Also recognizing and congratulating the graduates were Savannah/Chatham Metropolitan Police Department Chaplain Willie Ferrell, Fort Stewart/Hunter Army Airfield Garrison Commander Col. Todd Buchs, Fort Stewart schools superintendent Dr. Joseph Guiendon, and D.A.R.E. officer Randall Thompson.

"I think the kids need a role model, and I think they need to know about the harmful affects of alcohol and tobacco," said Thompson.

"They see it all the time on NASCAR vehicles, on cartoons, and it's bringing up to the kids that it's okay to smoke and drink."

Thompson explained that the program has proven to be a successful attempt at keeping children off drugs.

"I have kids from three years ago that still come up and see me in stores, give me hugs, and tell how much they liked the program," he said.

The graduation also recognized essay winners Savannah Williams of Fort Stewart Elementary School, Devin Pless of Brittin Elementary School, and Kainoa Nomura, of Diamond Elementary School. The students were asked to compile their knowledge of the 12-week class and write an essay based on what they learned. One winner was chosen from each school. Each winner will receive a 50 dollar gift certificate from AAFES, a gift bag from Morale, Welfare and Recreation, a gift bag from D.A.R.E., and a stuffed D.A.R.E. lion. Their essays are also featured in the Frontline newspaper.

Smiles of accomplishment spread across the faces of the young graduates as they walked across the stage and accepted their D.A.R.E. certificates of completion.

"They dare to be different," said Ferrell during his benediction, "yet they challenge to be successful."



Sgt. Tanya Polk

**Darren the D.A.R.E. Lion congratulates D.A.R.E. graduate Frederic Minton, Fort Stewart Elementary student, at Woodruff Theatre, May 4.**

## D.A.R.E.'s Winning Essays

Many of you are familiar with the D.A.R.E. program that is taught in our area schools. One of the program requirements is that each student writes an essay in order to graduate. Essays are judged by teachers, D.A.R.E. officers and Fort Stewart Police Department personnel. One overall winner is selected from each school and they are awarded a prize. The overall winners are Savannah Williams from the Fort Stewart Elementary School, Devin Pless from Brittin Elementary School and Kainoa Nomura from Diamond Elementary School. The following essay is written by Kainoa Nomura. Check out the May 17 issue of the Frontline to read Savannah Williams' winning essay.

**Kainoa Nomura**  
Diamond Elementary School

Many drugs have been used illegally in the United States. Millions of people die from drugs. These drugs include Marijuana, Cocaine, Alcohol, Heroin, and Nicotine. Prescription and Over the Counter Medicines have also been abused. These drugs are not only dangerous to those who use them, but to the other people around them. The one thing that all these drugs have in common is that they are highly addictive and are very hard to stop using.

An illegal drug is a drug that is against the law to use, have, or sell. One kind is Cocaine. It is an alkaloid that stimulates the central nervous system. An alkaloid is a chemical substance of plant origin composed of carbon, hydrogen, nitrogen, and oxygen. It also increases the heart rate, blood pressure, and body temperature. Another illegal drug is Marijuana. Marijuana is an addictive starter drug. It contains 50%-70% more cancer causing chemicals than tobacco smoke. It can cause short term memory loss, loss of concentration, slow coordination, and it affects your reaction time.

Inhalants are a type of drug that you breathe. The poisons in it can cause breathing problems, blackouts, and damage to the brain.

Not all drugs are illegal. Alcohol, cigarettes, and wine are legal drugs. Prescription medicines and over-the-counter-medicines are legal as well. If a person took too many medicines at the same time or used with other medicines, it could harm or even kill you. Another type of legal drug is tobacco. It contains nicotine that can cause breathing problems, dry skin, yellow teeth (bad breathe), or cause cancer of the kidneys, lungs, mouth, throat, or bladder. Alcohol is another legal drug. It can effect the growing body (children and teenagers), and slows down the brain. Examples are loss of coordination, poor judgment, slowed reflexes, memory lapses slurred speeches and loss of self control.



Sgt. Tanya Polk

**Col. Todd Buchs, Stewart/Hunter garrison commander, congratulates fifth grader Kainoa Nomura of Diamond Elementary School for his winning essay against drugs.**



## Pets of the Week



Yokie the dog and Ruby the kitten are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



# MWR Briefs

## Installation Life Guard training offered

Life Guard training continues at Newman Fitness Center through May 20. The classes are 6-10 p.m. Monday through Friday, and 8 a.m. to noon Saturday and Sunday at Newman and Hunter Fitness Center's indoor pools. Two weeks of classes is required to become a certified life guard. Participants must be 15 years of age or older. Classes cost \$120. For more information, call 767-3034 at Stewart or 315-2819 at Hunter.

## Fort Stewart and Hunter Army Airfield Bridal Fair

The Directorate of Morale, Welfare and Recreation will host a bridal fair 1-5 p.m., May 19 at Club Stewart. The event will have caterers, florists, photographers, honeymoon resort opportunities and more. Military identification card holders and retirees have a chance to shop for a free wedding dress in the MWR Bridal Shop. For more information, call 767-5118.

## Dial-a-Story, call 767-2845

MWR sponsors a dial a story. This weeks story is "The Farmer who found happiness."

## Trip the light fantastic with ballroom dancing

Hunter Fitness Center host ballroom dancing 7:15 - 9 p.m. May 16. Learn the Foxtrot, Waltz, Tango, Rumba, Cha, Meringue, & Swing. No partner is necessary to participate. For more information, call 315-5078.

## Armed Forces Appreciation at Corkan

Corkan Family Recreation Area will help celebrate mother's day on May 19. Active duty, retirees and veterans are encouraged to come out and join the fun with one free game/admission. For more information, call 767-4273.

## All-Army 10-Miler qualifier race

The All-Army 10-Miler qualification race starts at 7 a.m. May 19 at Donovan Field Track. Participants will compete to qualify for the Oct 7, All-Army Race in Washington, DC.

The event is open only to active duty Soldiers. The six top runners in each group (men's and women's - open and men's masters) earn the right to represent 3rd Infantry Division, Fort Stewart and Hunter Army Airfield Team. Call 767-8238 for advance registration.



## AAFES PRESENTS MAY 10 TO 17



## Teenage Mutant Ninja Turtles

**Today — 7 p.m.**

(Patrick Stewart, Sarah Michelle Gellar)

After the defeat of their old arch nemesis, The Shredder, the Turtles have grown apart as a family. Struggling to keep them together, their rat sensei, Master Splinter, becomes worried when strange things begin to brew in New York City. Tech-industrialist Max Winters is amassing an army of ancient monsters to apparently take over the world. And only one super-ninja fighting team can stop them—those heroes in a half shell—Leonardo, Michelangelo, Donatello and Raphael!

With the help of old allies April O'Neil and Casey Jones, the Turtles are in for the fight of their lives as they once again must face the mysterious Foot Clan, who have put their own ninja skills behind Winters' endeavors. *Rated PG (animated action violence, scary cartoon images, mild language) 87 min*

## Meet the Robinsons

**Friday, Saturday — 6 p.m.**

(Angela Bassett, Spencer Fox)

When Lewis meets a mysterious boy from the future named Wilbur Robinson, the two travel forward in time where Lewis discovers the amazing secret of the Robinson family. Lewis is a brilliant twelve-year-old with a surprising number of clever inventions to his credit.

His latest and most ambitious project is the Memory Scanner, which he hopes will retrieve early memories of his mother and maybe

even reveal why she put him up for adoption. But before he can get his answer, his invention is stolen by the dastardly Bowler Hat Guy and his diabolical hat - and constant companion - Doris. Lewis has all but given up hope in his future when a mysterious boy named Wilbur Robinson whisks our bewildered hero away in a time machine and the two travel forward in time to spend a day with Wilbur's eccentric family.

In a world filled with flying cars and floating cities, they hunt down Bowler Hat Guy, save the future and uncover the amazing secret of Lewis' future family. *Rated G 92 min*

## Shooter

**Friday, Saturday — 8:30 p.m.**

(Mark Wahlberg, Kate Mara)

An ace marksman - living in self-exile in the Arkansas wilderness after causing the death of an innocent person - is convinced by his former associates that they need his help to prevent an assassination. But he is double-crossed and framed for the presidential assassination he was trying to prevent. He is forced to go on the run while trying to track down the real killer and discover the truth of who betrayed him. *Rated R (strong graphic violence, language) 124 min*

## Reign Over Me

**Sunday — 8:30 p.m.**

(Don Cheadle, Adam Sandler)

A man who lost his family in the September 11th attacks and has never recovered from his

grief, runs into his former college roommate who is determined to help his ex-roomie come to grips with his loss. *Rated R (language, sexual references) 112 min*



Films are subject to availability. AAFES strives to show films according to the published schedule, but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.



# HEALTH W•A•C•H

Winn Army Community Hospital

## Pneumonia vaccine saves lives

Hary Noyes

U.S. Army Medical Command Public Affairs

“You know,” St. Peter murmured thoughtfully, flipping through the computer printout on his clipboard for the third or fourth time and shaking his bearded head ruefully. “You actually aren’t supposed to be here yet...you were supposed to get a pneumonia shot and live another 15 years....”

If there is anything that justifies a groan of remorse, it’s dying from an easily preventable disease.

So, let’s summarize this succinctly and memorably:

### GET YOUR PNEUMONIA SHOT!

The Army Medical Department prefers more scholarly language, but it is launching a concerted effort to reduce the needless suffering, death and waste of medical resources that stems from widespread failure by older beneficiaries to get their pneumonia vaccinations.

Also known as the pneumococcal shot or Pneumococcal Polysaccharide Vaccine or PPV, the pneumonia vaccine is safe and highly effective – provided it gets out of the bottle and inside somebody’s hide.

To encourage that trip to happen more often, military medical leaders are stressing these facts:

— Pneumococcal disease can kill you. It is the sixth-leading cause of death in the U.S. (40,000 deaths annually).

— It can make you miserably and expensively ill (100-130,000 hospitalizations annually in U.S.). It can affect your lungs, blood and brain. It usually causes fever, cough and shortness of breath.

— Pneumococcal disease can affect people of all ages, but older adults (65 and over) are at higher risk for complications from both the flu and pneumococcal disease. The shot can help protect you from getting a serious infection in your lungs, blood and brain.

— Getting the shot when you’re age 65 or older should protect you for the rest of your life. You can get it any time of the year, and Medicare Part B will pay for it. The shot is safe and most people have no side effects. For maximum safety, medical officials also encourage beneficiaries to take flu vaccine annually.

If you are 65 or older, no physician’s order is necessary to receive your vaccine. For Winn Army Community Hospital, you may walk in to the Winn Immunization Clinic from 7:30 - 11:00 a.m. (except the 4th Thursday of the month) or every afternoon from 1 to 3 p.m. For more information please call 435-6633.

For Tuttle Army Health Clinic, please call 435-6633 or 1-800-652-9221 to make an appointment with the Tuttle Immunization Clinic.

If you are younger than 65, please discuss this vaccine with your primary care provider at your next visit.

• **Hunter Lloyd Diamond**, a boy, 7 pounds, 3 ounces, born to Pvt. Vincent and Shawna Diamond.

• **Kendel Suzanne Kirkland**, a girl, 9 pounds, 15 ounces, born to Pfc. Garland and Blaire Kirkland.

• **Shannary Asha Ly**, a girl, 6 pounds, 11 ounces, born to Sgt. Quit and Esther Ly.

### TWINS

• **Kieryn Amari Queen**, a boy, 8 pounds, 4 ounces, and Kieriq Amir Queen, a boy, 9 pounds, 7 ounces, born to Sgt. Kito and Katrina Queen.

• **Ava Lynn Rayne Wallace**, a girl, 7 pounds, 7 ounces, and Pfc. Thomas and Misty Wallace.

### April 28

• **Michael L. Alexander, Jr.**, a boy, 8 pounds, 6 ounces, born to Pfc. Michael Alexander and Pfc. Melessa Alexander.

## Winn Briefs

### TRICARE Service Center relocation

The TRICARE Service Center has moved from Hinesville to Fort Stewart. The new TRICARE Service Center location is Building 202 Harmon Ave. Fort Stewart, Ga., 31314. The hours are from 8:30 a.m. to 4:30 p.m., Monday through Friday. The phone number is 1-800-444-5445.

### Patient and Family Centered Care

Interested in becoming a patient advisor? Come and join the Patient and Family Centered Care Advisory Council meeting at Winn or Tuttle.

Winn’s meeting is scheduled for Sept. 11 at 11:30 a.m. in the Marne Room at Club Stewart. RSVP to Linda King at 435-6225 or at [linda.king2@se.amedd.army.mil](mailto:linda.king2@se.amedd.army.mil).

Tuttle’s meeting is scheduled for Sept. 27 at noon at the Hunter Club. RSVP by Sept. 22 to Brandon Yarber at 315-5731 or contact him at [brandon.yarber@se.amedd.army.mil](mailto:brandon.yarber@se.amedd.army.mil).

### Expectant sibling class available

This class for “expectant siblings,” ages three-12 is to help them prepare for the arrival of a new sibling. The class is held at 5 p.m. the first Thursday of every month. For more information or to register, call 435-6633.

### Get baby basics training

This class offers first time fathers-to-be the chance to ask questions and practice taking care of their child through hands-on training.

Facilitated by a man for men, the class will cover topics that include how to change diapers, bathe and hold an infant to what to expect during pregnancy, labor and delivery.

This class will be held Wednesday from 1 to 4:30 p.m. in the Social Work Services building. For more information or to register, call Army Community Service at 767-5058.

### Obstetrics registration class

If you have had a positive pregnancy test, the obstetrics registration classes will give you the opportunity to ask questions, take initial lab tests, create your OB medical records and schedule your first appointment with your health care team.

The classes are held at Winn Tuesdays, Wednesdays and Thursdays at 9 a.m. and 1 p.m. At Tuttle classes are held Tuesdays at 8 a.m. For more information or to register, call 435-6633 or 1-800-652-9221.

### Mass School Health Screenings

Children ages four and older entering Georgia’s School system for the first time must have the Georgia Certificate of Eye, Ear and Dental Screening form and the Georgia Certificate of Immunization completed. Winn Army Community Hospital

and Tuttle Army Health Clinic want to help you get a head start on preparing for the next school year. Winn’s mass school health screening will be by appointment only Saturday May 19, from 8 a.m. to 2 p.m. and will include hearing tests, vision tests, dental exams and immunizations administration.

Tuttle’s mass school health screening will be by appointment only Saturday May 19, from 8 a.m. to noon and will include hearing tests, vision tests, dental exams and immunizations administration.

Sports physicals are available by appointment only at Tuttle.

The screenings are by appointment only. To schedule an appointment at Winn or Tuttle call, 435-6633 or 1-800-652-9221.

### New student in Georgia?

If you can’t make it to the mass school health screening all services except eye and ear screenings are available on a walk-in basis. Dental screenings are available Monday to Thursday from 3 to 4 p.m. and Friday from 2 to 3 p.m. at Dental Clinic 1. For more information, call 767-8513.

Immunization screenings are available on a walk-in basis Monday, Tuesday, Wednesday and Friday from 8 to 11 a.m. and 1 to 3 p.m. Thursday from 1- 3 p.m. For more information, call the Allergy Immunization Clinic at 435-6633.

Eye and ear services are available by appointment only. To schedule an eye or ear screening, call the appointment line at 435-6633.

### Sports physicals offered

School sports physicals are available by appointment during normal clinic hours Monday through Friday at Winn’s Pediatric clinic. To schedule a sports physical, call the appointment line at 435-6633.

### Winn/Tuttle federal holiday

Friday, May 25 is a training holiday and Monday, May 28 is Memorial Day, a Federal holiday.

On May 25, services at Winn Army Community Hospital will be limited to inpatient care, family practice clinic and emergencies.

On May 28, services at Winn will be limited to inpatient care and emergencies. Full operations will resume Tuesday, May 29.

All services at Tuttle Army Health Clinic and the Lloyd C. Hawks Troop Medical Clinic will be closed Friday, May 25 and Monday, May 28. Full operations will resume Tuesday, May 29.

See Page 5B to learn more about Pneumonia.

## BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

### April 3

• **Kailynn Sarah Moreno**, a girl, 6 pounds, 6 ounces, born to Pvt. Gilbert and Heidy Moreno.

### April 13

• **Jaelyn Marie Jordan**, a girl, 7 pounds, 12 ounces, born to Pfc. Adam and Rachel Jordan.

### April 18

• **Samuel Levi Steele**, a boy, 7 pounds, 15 ounces, born to Sgt. Simon and Yvette Steele.

### April 25

• **Alexander Matthew Simms**, a boy, 9 pounds, born to Capt. David and Kelly Simms.

### April 26

• **Fransico Antonio Manosa**, a boy, 8 pounds, 5 ounces, born to Sgt. Antonio Manosa and Ellen Flores-Nunez.

### April 27

# God gives the ability to love the 'unloveable'

## CHAPLAIN'S CORNER

**Chaplain (Lt. Col.) Wilbert Harrison**  
Deputy Installation Chaplain

On the Oprah Winfrey show, she highlighted a young mother dying of cancer. She had a very young daughter she was afraid would forget her all too quickly. Mom made a video diary and a written diary, telling her daughter all about herself- her likes, dislikes, and personal story. All the little, "shared things" moms and daughters have. She was preparing her daughter to let go of the physical Mom and to embrace the spirit of mom. The daughter was to be shown parts of these videos and diaries as she grew up and to know the truth about her mother- the entire

truth, as she was able to absorb. She was to take her mother's spirit with her throughout life.

In **John 13:31-35**, there are several segments. First, Jesus washes the feet of his disciples. Second, Jesus discloses to his disciples about betrayal. Third, Jesus issues a new commandment to "*love one another*". It is in light of Jesus betrayal that he issues this commandment. So what does it mean to love one another - especially those people who betray you? Let me remind you Jesus was not talking about his enemies who would betray him, but his own. One who walked and dined with him on a daily basis. It was this kind of betrayal Jesus is referring



to, and this is the new commandment to love one another, even those who betray us. Newspaper columnist minister George Crane tells of a wife who came into his office full of hatred toward her husband. "I do not only want to get rid of him, I want to get even. Before I divorce him, I want to hurt him as much as he has me." Dr. Crane suggested an ingenious plan "Go home and act as if you really love your husband. Tell him how much he means to you. Praise him for every decent trait. Go out of your way to be as kind, considerate, and generous as possible. Spare no effort to please him, to enjoy him. Make him believe you love him, and then drop the bomb. Tell him that you're getting a

divorce. That will really hurt him. With revenge in her eyes, she smiled and exclaimed, "Beautiful, beautiful. Will he ever be surprised?" And she did it with enthusiasm. Acting "as if she loved him" and for two months she showed love, kindness, listening, giving, reinforcing, and sharing. When she didn't return, Dr. Crane called. "Are you ready now to go through with the divorce?"

"Divorce!" she exclaimed. "Never! I discovered I really do love him."

Her actions had changed her feelings. Motions resulted in emotions. The ability to love is established not so much by fervent promises, but by often repeated acts of kindness and love. This is the kind of love Jesus is referring to when he states you must love one another. I will never forget what one of my high school classmate said, "Practice the way you want to be and you will become what you have practiced. God will give us the ability to love the unlovable.

Amen.

## Chapel Schedule

### Fort Stewart

Catholic	Location	Time
Sunday Mass	Heritage	9 a.m.
Saturday Mass	Heritage	5 p.m.

Protestant	Location	Time
Contemporary Worship	Marne	11 a.m.
Gospel Worship	Victory	11 a.m.
Traditional Worship	Marne	9 a.m.
American Samoan	Vale	11 a.m.
Liturgical Worship	Heritage	11 a.m.
Kids' Church (K to 6th grade)	Across from Dia. Elem.	11 a.m.
PWOC (Tuesday)	Marne	9:30 a.m.

Islamic	Location	Time
Friday Jum'ah	Marne	1:30 p.m.
Contact Staff Sgt. Aiken at 877-4053.		

Jewish	Location	Time
Contact Sgt. 1st Class. Crowther at 332-2084.		
Friday	Marne	11:30 a.m.

### Hunter Army Airfield

Catholic	Location	Time
Sunday Mass	Chapel	11 a.m.

Protestant	Location	Time
Sunday Service	Chapel	9 a.m.

### Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iliff, call 767-9789.  
Stewart Catholic RE coordinator, Beth Novak, call 767-6825.  
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

## Fort Stewart Chapel Youth Ministry Junior and Senior High Students!

Join us for free games and pizza  
6:30 - 8 p.m. Sunday,  
at Vale Chapel in Bryan Village.  
For more information,  
call 877-7207.



## Kids Church

### Exciting Bible Lessons

with music, puppets, videos, crafts, games

### 11 a.m. to Noon, Sunday

at School Age Services  
(across from Diamond Elementary)

## For all kids Grade K-6

### Scheduled Bus Pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Victory Chapel

Questions?

Contact Chaplain Ric Thompson at 767-6831



# Coastal Happenings

Courtesy of the Coastal Courier

## Savannah Cultural Events

Activities sponsored by the Savannah Department of Cultural Affairs include these ongoing events:

### Every first Friday of the month

Folk Music by Savannah Folk Music Society, 7:30 p.m., free at Wesley Monumental United Methodist Church.

The Arts at City Market Center, Upstairs, Jefferson and West St. Julian Streets, free 6:30- 8:30 p.m. Call 232-7731.

### Every first Saturday of the month

Adult and youth basic ballroom dance classes, by Moon River Dancers: 1-3 p.m. at W. Broad Street YMCA, 1110 May Street. Admission is \$3 per person. Call 925-7416 or visit [www.savannahusabda.org](http://www.savannahusabda.org)

### Every third Wednesday of the month

Open Mic Poetry Night - signup at 7:45 p.m., Gallery Espresso, 6 East Liberty St. Call 233-5348 for more information.

### Saturdays and Sundays

Flannery O'Connor Childhood Home Foundation tours 1-5 p.m. every Saturday and 1-4 p.m. on Sundays. Located at 207 E. Charlton St. on Lafayette Square.

Born in Savannah in 1925, writer, Mary Flannery O'Connor, lived in a Charlton Street house until 1938.

Today, it is maintained partly as a memorial to her and partly as a literary center for Savannah. Literary activities are held at various times now through May, free. Call 233-6014.

### Every Sunday

Oldie Goldies Sunday at the American Legion Post 500, 1716 Montgomery St., 4-8 p.m. Call 925-7116.

The Reel Savannah Film Group presentations, 7 p.m., Sunday evenings at the Lucas Theatre. Tickets, which are \$6, are available an hour before showtime.

## Visit Armstrong Arboretum

Armstrong Atlantic State University has an

arboretum, which encompasses the 250 acre campus and displays more than 100 species of trees and 200 species of shrubs and other woody plants.

The Fern Collection, featuring 23 varieties of native and non-native ferns, is on the west side of Jenkins Hall. The recently completed Ginger Collection focuses on seven groups of ginger plants and is at the south end of Hawes Hall. For more information or to schedule an educational tour, call AASU's plant operations at 921-5472.

## Free dance lessons offered

Free ballroom dancing lessons are being offered at Club Stewart from 7 to 9 p.m., the first Wednesday of every month by the Moon River Dancers Association in Savannah. It is for Soldiers and their Families. Couples and singles welcome.

No registration is required. For more information, call 767-8609. Also, if you're into ballroom dancing and don't mind the drive, the Seaside Dance Association in St. Simons Island has dances every Tuesday and Thursday through the summer at Blanche's Courtyard starting at 7 p.m. The association also hosts a dance on the last Sunday of each month at the Jekyll Island Club Hotel, in the grand dining room. Instruction starts at 5:15 p.m., and seating for the dinner and dance starts at 6 p.m. For more information, call 634-9527 or e-mail to [SeasideDance@bell-south.net](mailto:SeasideDance@bell-south.net).

## Traveling Wall visits Savannah

The traveling version of the Vietnam Veteran's Memorial will make its way to the Coastal Empire. Half the size of the original structure located in Washington, DC, "The Wall That Heals" is etched with the more than 58,000 names of those who died in the war.

Opening ceremonies are scheduled June

14 at Emmet Park in Savannah and events will wrap up the following Sunday, June 17. Leisure Services City of Savannah is sponsoring the event and it will be hosted by the Vietnam Veteran's of America Chapter 671. Call 927-3356 or visit [www.vvmf.org](http://www.vvmf.org) for more information.

## Chess, anyone?

Adults and children alike are invited to play chess in the Statesboro Mall from 3-5 p.m. every Sunday. Chess in the mall is hosted by the Ogeechee River Scholastic Chess Association and school chess clubs throughout Bulloch County. For more information email [www.chess85.tripod.com](mailto:www.chess85.tripod.com) or [j-lutz@enia.net](mailto:j-lutz@enia.net) or call 764-9770.

Also, Robert Lott is trying to stir interest in the game around Hinesville. If you're interested in playing, and possibly forming a club, call 876-4715.

## Visit Georgia's natural springs

Georgia's state parks and historic sites host three natural springs that have helped shape the state and our culture.

The best known is Warm Springs. One of Georgia's seven warm springs transformed a west Georgia town into a well-known stage-coach stop. The town of Warm Springs was host to Georgia's high society during the early 1900s, and it became the vacation home of Franklin D. Roosevelt after he sought relief from polio in the warm, therapeutic water. Today, his home and the pools are part of the Little White House State Historic Site. Just off I-75 in middle Georgia is Indian Springs State Park, thought to be the oldest state park in the nation. The Creek Indians believed the springs had healing and invigorating qualities, and the town of Indian Springs became a bustling resort town from the 1820s until the Great Depression. The Civilian Conservation Corp built

many of the park's facilities, including the spring house where people still gather today to fill jugs with the mineral water. The springs stay at 78 degrees year-round and flow at a little more than one gallon every four minutes. In addition to the springs and rich history, visitors will enjoy the park's campground, cottages, museum, lakeside swimming beach and picnic areas.

In the east central town of Millen is Magnolia Springs State Park, known for crystal clear springs flowing seven million gallons per day. The cool springs are spanned by a bridge and boardwalk where visitors can watch fish and turtles swimming above the sandy bottom. This pretty park features a freshwater aquarium with native species of fish, reptiles and amphibians, as well as picnic areas, cottages, a campground, small boating lake, and trails for hiking and biking.

For More Information contact the FDR's Little White House Historic Site, Warm Springs at 706-655-5870, [www.FDR-LittleWhiteHouse.com](http://www.FDR-LittleWhiteHouse.com), Indian Springs State Park, Flovilla at 770-504-2277, [www.GaStateParks.org](http://www.GaStateParks.org), Magnolia Springs State Park, Millen at 478-982-1660 or [www.GaStateParks.org](http://www.GaStateParks.org)

## Sand Gnats Military Appreciation

The Savannah Sand Gnats invite military ID card holders, and veteran's organizations to Military Appreciation Night 7 p.m., May 19 as the Sand Gnats take on the Columbus Catfish.

A joint color guard will present the Colors and a military spouse will sing the National Anthem. In addition, 50 spouses of deployed servicemembers will carry the 50 state flags. A servicemember will throw out the first pitch. There will be a firework show following the game. Military ID card holders and veteran's organization ID card holders get in for \$5 and receive free refreshment.

# What you need to know about pneumonia vaccine

Special to the Frontline

### What does the pneumococcal shot do?

The pneumococcal shot — also known as the pneumonia vaccine or pneumococcal polysaccharide vaccine or PPV — protects you from getting a serious infection in your blood or brain that can cause dangerous health problems, hospitalization or death.

### Why get vaccinated?

Pneumococcal disease is a serious disease that causes a lot of sickness and death. In fact, pneumococcal disease kills more people in the United States each year than all other vaccine-preventable diseases combined. Anyone can get pneumococcal disease. However, some people are at greater risk from the disease. These include people 65 and older, the very young, and people with special health problems such as alcoholism, heart or lung disease, kidney failure, diabetes, HIV infection, or certain types of cancer.

Pneumococcal disease can lead to serious infections of the lungs (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis). About one out of every 20 people who get pneumococcal pneumonia dies from it, as do about two people out of 10 who get bacteremia and three people out of 10 who get meningitis. People with the special health problems mentioned above are even more likely to die from the disease.

Drugs such as penicillin were once effective in treating these infections, but the disease has become more resistant to these drugs making treatment of pneumococcal infections more difficult. This makes prevention of the disease through vaccination even more important.

### The vaccine

The pneumococcal polysaccharide vaccine protects against 23 types of pneumococcal bacteria. Most healthy adults who get the vaccine develop protection to most or all of these types within two to three weeks of getting the shot. Very old people, children under 2 years of age, and people with some long-term illnesses might not respond as well or at all.

### Who should get the pneumococcal shot?

1. All adults 65 years of age or older.
2. Anyone over 2 years of age who has a long term health problem such as:
  - heart disease.
  - lung disease.
  - sickle cell disease.
  - diabetes.
  - alcoholism.
  - cirrhosis.

- leaks of cerebrospinal fluid.
- 3. Anyone over 2 years of age who has a disease or condition that lowers the body's resistance to infection, such as:
  - \* Hodgkin's disease.
  - \* lymphoma, leukemia.
  - \* kidney failure.
  - \* multiple myeloma.
  - \* nephrotic syndrome.
  - \* HIV infection or AIDS.
  - \* damaged spleen, or no spleen.
  - \* organ transplant.
- 4. Anyone over 2 years of age who is taking any drug or treatment that lowers the body's resistance to infection, such as long-term steroids, certain cancer drugs, radiation therapy.
- 5. Alaskan Natives and certain Native American populations.

**Will the shot make me sick?**  
The shot is very safe and does not make you sick. Some people get a little swelling and soreness where they get the shot. This usually goes away in a day or two.

**What if there is a serious reaction? What should I look for?**

Severe allergic reaction (hives, difficulty breathing, shock).

**What should I do?**  
— Call a doctor, or get the person to a doctor right away.  
— Tell your doctor what happened, the date and time it happened, and when the vaccination was given.

— Ask your doctor, nurse, or health department to report the reaction by filing a Vaccine Adverse Event Reporting System form.

— Or you can file this report through the VAERS Web site at [www.vaers.org](http://www.vaers.org) or by calling 1-800-822-7967. VAERS does not provide medical advice.

**When can I get the pneumococcal shot?**  
You can get the shot at any time of the year. It is available whenever you go to your doctor. Make sure you ask about it.

**How many times do I have to get a shot?**  
Most people only need one shot. This protects them for a lifetime. Some people might need to get a booster shot after five years.

A second dose is recommended for those people ages 65 and older who got their first dose when they were under 65, if five or more years have passed since that dose.

A second dose is also recommended for people who:

- have a damaged spleen or no spleen.
- have sickle-cell disease.
- have HIV infection or AIDS.

- have cancer, leukemia, lymphoma, multiple myeloma.
- have kidney failure.
- have nephrotic syndrome.
- have had an organ or bone marrow transplant.
- are taking medication that lowers immunity (such as chemotherapy or long-term steroids).

Children 10-years-old and younger may get this second dose three years after the first dose. Those older than 10 should get it five years after the first dose.

### Other vaccine facts

\* Pneumococcal vaccinations may be less effective in some people, especially those with lower resistance to infection. But these people should still be vaccinated, because they are more likely to get seriously ill from pneumococcal disease.

\* Pregnancy: The safety of pneumococcal vaccinations for pregnant women has not yet been studied. There is no evidence that the vaccine is harmful to either the mother or the fetus, but pregnant women should consult with their doctors before being vaccinated. Women who are at high risk of pneumococcal disease should be vaccinated before becoming pregnant, if possible.

### What are the risks from getting the shot?

This shot is a very safe vaccine. About half of those who get the vaccine have very mild side effects, such as redness or pain where the shot is given.

Less than one percent develop a fever, muscle aches, or more severe local reactions.

Severe allergic reactions have been reported very rarely. As with any medicine, there is a very small risk that serious problems, even death, could occur after getting a vaccine.

Getting the disease is much more likely to cause serious problems than getting the vaccine.

### How can I learn more?

— Ask your doctor or nurse. They can give you the vaccine package insert or suggest other sources of information.

— Call your local military treatment facility or state health department.

— Contact the Centers for Disease Control and Prevention at 1-800-232-4636 or

— Visit the Centers for Disease Control and Prevention's National Immunization Program Web site at [www.cdc.gov/nip/default.htm](http://www.cdc.gov/nip/default.htm).

— For more information, go to [www.cdc.gov/nip/vaccine/pneumo/pneumo-pubs.htm#to](http://www.cdc.gov/nip/vaccine/pneumo/pneumo-pubs.htm#to).

Information sources include the CDC, VA, the AMEDD Pneumovax Strategy Briefing and the Institute for the Future of Aging Services.

# Art, Entertainment: Who is Shia

## Commentary

By: Sasha McBrayer  
Fort Stewart Museum

The trailers for "Disturbia" advertise a blatant remake of the Hitchcock classic, "Rear Window". They paint the film as a smart, but very scary update on the old tale. I disagree with two of the three selling points, however this works in the movie's favor. While you cannot hide the fact that "Disturbia" is a remake, there's nothing blatant about it. What I saw, I easily imagine Alfred himself would have loved. The movie is smart. It's very smart. The story is imaginative and involving. Someone clearly took their time to modernize the story, replace certain key aspects with fresher

ones, and also hint at the old movie when appropriate. The result is a completely new creature. Now, there are tense, white knuckle sequences, but I hardly call "Disturbia" horror. It's simply a great thriller with great acting.

Speaking of acting, it is star Shia LaBeouf who makes the film such a winner. He makes every scene seem richer than a shot in just some remake, or just some youth driven thriller. In fact, viewers had better get used to seeing the under- 20 actor as he grows into more leading man roles. Mega-filmmaker, Steven Spielberg, has been noted as saying that young LaBeouf could be the next Tom Hanks. In fact, rumors circulate that Shia could be a cast member in an

Indiana Jones sequel...if another sequel ever gets off the ground.

Fans of the actor, along with fans of a certain cartoon featuring warring robots, will get to enjoy Shia's on -screen presence in surefire blockbuster "Transformers" due in theatres July 4.

If you recognize LaBeouf, but aren't sure from where, you might have caught him stealing scenes on the Disney show "Even Stevens", which garnered an Emmy. He was also featured on "Project Greenlight" as a promising young actor with a part in "The Battle of Shaker Heights". I will definitely be keeping my eye on the young man's career.

Spielberg is acting as execu-

tive producer on the Michael Bay directed "Transformers" movie. I'm highly anticipating this premier based on the thrilling trailers. It would seem the familiar cartoon characters have grown up like the rest of us who used to watch the old cartoon. The machines look pretty scary. I'm believing for fantastic action sequences and, if LaBeouf can help it, maybe a little heart as well.

## Sasha's Weekly Top 5

5. Little Children on DVD
4. Bon Jovi's 2007 album "Lost Highway"
3. Volver on DVD
2. Fracture
1. Spider-Man 3

## Volunteer Spotlight



Jacqueline Yarber of Lake Wales, Fla., is a Red Cross volunteer working in the OB/GYN Department at Winn Army Community Hospital.

Yarber volunteers because she loves helping people and to obtain a career in the medical field. Her interests and hobbies include watching television, playing computer games and spending time with her husband.

If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Roberts at 435-6903.